

Zucchini Appetizer Sticks

Ingredients:

- 2 medium zucchini, ends removed
- 1 egg, beaten
- 1/4 cup fine, dry seasoned bread crumbs
- 1/4 cup grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Original Blend Mrs. Dash



Directions:

Cut zucchini into french fry-sized pieces and coat with egg. Mix crumbs, Parmesan cheese, garlic powder and Mrs. Dash in a 9 x 13-inch plastic food bag. Drop a handful of zucchini pieces into crumb mixture and shake to coat. Place on 2 large cookie sheets sprayed with nonstick spray. Do not overlap pieces. Continue coating small batches of zucchini with crumb mixture until all are coated. Bake in a preheated 450 degree oven for 15 to 20 minutes, until coating is browned and zucchini pieces are tender.

Serves 4.

Nutrition information per serving:

Calories 76

Fat 3.16g

Cholesterol 2.25mg

Sodium 157mg

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